



Murugan.

**Avinashilingam Institute for Home Science and Higher Education for Women**  
 (Deemed to be University, Estd. u/s 3 of UGC Act 1956 Category 'A' by MHRD)  
 Re-accredited with A++ Grade by NAAC. Recognised by UGC Under Section 12 B  
 Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment II – April 2023**  
**II Semester**

**Class : I BSc**  
**Major : Physical Education**

**Time: 2 Hours**  
**Max. Marks: 60**

**20BPEI02- Sports Nutrition**

**Course Outcome:**

1. Demonstrate knowledge of a healthy diet for physical performance and demonstrate an ability to utilize this knowledge to complete a self-diet critique
2. Learn to judge nutritional requirements based on a food item: calories, quantity of protein, fat, carbohydrates, vitamins, minerals, antioxidants and more
3. Know the health benefits of combining healthy nutrition with Fitness and physical activity
4. Understanding of numerous ergogenic aids and distinguish those that have been scientifically proven to enhance performance
5. Relate roles of nutrition in physical performance, recovery and adaptations to exercise.

**PART A**

**06 x 01 = 06**

**Choose the Correct Answer**

1. Which of the following is a salient feature of balanced diet? CO2K2
  - a. It should be in definite proportion
  - b. It contains all the essential nutrients
  - c. It makes our tummy full
  - d. It should contain more fats
2. Rich sources of Vitamin B are CO3K1
  - a. Liver
  - b. fresh liver oils
  - c. green leafy vegetables
  - d. egg yolk
3. Which of the following is not an element of carbohydrate? CO1K2
  - a. Carbon
  - b. Nitrogen
  - c. Hydrogen
  - d. Oxygen
4. Proteins are turned into which acids by our digestive system? CO2K3
  - a. Ascorbic acid
  - b. Hydrochloric acid
  - c. Lactic acid
  - d. Amino acid
5. Which of the following do not have nutritive properties? CO3K2
  - a. Carbohydrate
  - b. Fat
  - c. Protein
  - d. Water
6. For optimum health, what percentage of body weight should be fats in men? CO1K3
  - a. 15
  - b. 30
  - c. 10
  - d. 20

**Part B**

**3 x 6 = 18**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 7.a. Explain the types of Ergogenic Aids CO3K3  
(or)
- 7.b. Explain the fluid needs for Physical Activity CO2K3
- 8.a. Enumerate the functions of Water in body CO4K3  
(or)
- 8.b. Write the role of vitamins and minerals in human body? CO4K2
- 9.a. List out the types of Diet CO3K1  
(or)
- 9.b. Write various nutrient recommendation for different age groups? CO5K2

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 10.a. Write detail note on Heat Disorders ? CO3K4  
(or)
- 10.b. Give detail note on Eating Disorders CO2K1
- 11.a. Write about home made sports drinks and give your favorite examples CO5K3  
(or)
11. b. Write about Consumption of Nutrient during and after Exercise? CO6K2
- 12.a. Explain Fat and Sources of Fat CO1K3  
(or)
- 12.b. What is Carbohydrate Loading? CO1K3